WHAT IS CLAIMED IS:

- An indicator comprising a light-guiding layer, a cladding layer on one surface of said light-guiding layer, and a patterning layer on the other surface.
- 2. The indicator of claim 1 wherein said light-guiding layer has a thickness of between 100 and 250 micrometers.
- 3. The indicator of claim 1 wherein said light-guiding layer comprises thermoplastic polymer.
- 4. The indicator of claim 1 wherein said light-guiding layer comprises polycarbonate.
- 5. The indicator of claim 1 wherein said patterning layer comprises areas of generally opaque colorant and areas without colorant.
- 6. The indicator of claim 1 wherein said indicator is in the form of a strip.
- 7. The indicator of claim 1 wherein said indicator is in the form of a disk.
- 8. The indicator of claim 1 wherein said patterning layer comprises a silver halide image.
- 9. The indicator of claim 1 wherein said photosensitive silver halide comprises a silver halide emulsion capable of forming a black and white indicia having a density of greater than 2.5

- 10. The indicator of claim 9 wherein said silver halide emulsion is capable of forming an image having a contrast between 0.51 and 0.95.
- 11. The indicator of claim 1 wherein said patterning layer comprises a thermal dye transfer image.
- 12. The indicator of claim 1 wherein said patterning layer comprises an ink jet image.
- 13. The indicator of claim 1 wherein said indicator is provided with a light input area at the edge of said indicator.
- 14. The indicator of claim 1 herein said indicator is provided with a light input area in the patterning layer or cladding layer.
- 15. The indicator of claim 5 wherein said patterning layer is provided with areas without color that are adapted to be read by multiple sensors.
- 16. The indicator of claim 1 wherein said light-guiding layer comprise colorant.
- 17. The indicator of claim 1 wherein said cladding layer comprises a polymer with an index of refraction of at least 0.05 less than the index of refraction of the light guiding layer.
- 18. The indicator of claim 1 wherein said cladding layer comprises a metal with a reflectivity of at least 95% at 500 nanometers.
- 19. The indicator of claim 1 wherein said cladding layer comprises a pattern.

- 20. A method of controlling position comprising providing a indicator comprising a light-guiding layer, a cladding layer on one surface of said light-guiding layer, and a patterning layer on the other surface, applying a light source to said indicator, detecting light in said patterning layer as said indicator moves past said light source, and controlling position of a movable device in response to detected light.
- 21. The method of claim 20 wherein said light source comprises a collimated light source.
- 22. The method of claim 20 wherein detecting light in said patterning layer is carried out in more than one location.
- 23. The method of claim 20 wherein said applying of a light source to said indicator is at an edge of said indicator.
- 24. The method of claim 20 herein said indicator is provided with a light input area in the patterning layer or cladding layer.
- 25. The indicator of claim 20 wherein said cladding layer comprises a polymer with an index of refraction of at least 0.05 less than the index of refraction of the light guiding layer.
- 26. The indicator of claim 20 wherein said cladding layer comprises a pattern.
- 27. The indicator of claim 20 wherein said patterning layer comprises areas of generally opaque colorant and areas without colorant.